



ATAL BIHARI VAJPAYEE VISHWAVIDYALAYA, BILASPUR (C.G)
(Established by Chhattisgarh Legislative Assembly Act No. 07 of 2012)

Scheme and Syllabus

of

B.Sc. Home Science

Year- First

W.E.F. Session:- 2023-24

Syllabus Approved by the Central Board of Studies

बी.ए./ बी.एस-सी./ बी.कॉम./ बी.एच.एस.सी. भाग -एक

(आधार पाठ्यक्रम)

प्रथम प्रश्नपत्र

हिंदी भाषा

कोड....

पूर्णांक 75

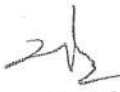
क्रेडिट 05

पाठ्यक्रमका उद्देश्य:-

- 1.हिंदी भाषाके प्रयोजनात्मक स्वरूप का सामान्य ज्ञान प्रदान करना।
- 2.कंप्यूटर में हिंदी भाषा के प्रयोग की आवश्यकता के अनुरूप कंप्यूटर की कार्य प्रणाली की आरंभिक जानकारी से अवगत होने के लिए प्रेरित करना।
- 3.हिंदी व्याकरण की बुनियादी ज्ञान संप्रेषण कौशल तथा भाषायी दक्षता से अवगत कराना।
- 4.साहित्य और समाज को समझने की दिशा में रुझान उत्पन्न करना।


पाठ्य विषय:-

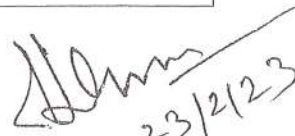
इकाई 1. (क) पल्लवन, पत्राचार, अनुवाद (ख) एक टोकरी भर मिट्टी : माधवराव सप्रे बड़े भाई साहब : प्रेमचंद	अंक 15 18 कालखंड
इकाई 2. (क) संक्षेपण, हिंदी में संक्षिप्तिकरण, हिंदी-अपठित गद्यांश, पारिभाषिक शब्दावली, हिंदी में पदनाम, मुहावरे एवंलोकोक्तियाँ (ख) जागो फिर एक बार: सूर्यकांत त्रिपाठी 'निराला' जन्मदिन ('मिट्टी से कहूँगाधन्यवाद' संग्रह से):एकांत श्रीवास्तव	अंक 15 18 कालखंड
इकाई 3. (क) शब्द-शुद्धि, वाक्य-शुद्धि, शब्द-ज्ञान- पर्यायवाची शब्द, विलोम शब्द, अनेकार्थी-शब्द, समश्रुत शब्द, अनेक शब्दों के लिए एक शब्द (ख) भोलाराम का जीव : हरिशंकर परसाई जीप पर सवार इल्लियां: शरद जोशी	अंक 15 18 कालखंड
इकाई 4.(क) मानक भाषा का अर्थ, मानक हिंदी भाषाका अर्थ, स्वरूप,	अंक 15


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विशेषताएँ, मानक, उपभानक, अमानक-भाषा (ख)शिकागो से स्वामी विवेकानंद का पत्र सत्य और अहिंसा : महात्मा गांधी	18 कालखंड
इकाई 5. (क) देवनागरी लिपि- नामकरण, स्वरूप, विशेषताएँ, कंप्यूटर का सामान्य परिचय, कंप्यूटर में हिंदी का अनुप्रयोग। (ख)कछुआ-धरम : चन्द्रधर शर्मा 'गुलेरी' छत्तीसगढ़ का वैभव: हीरालाल शुक्ल	अंक 15 18 कालखंड

मूल्यांकन योजना:-

प्रत्येक इकाई से एक-एक प्रश्न पूछे जाएंगे। एक प्रश्न के 15 अंक होंगे। प्रत्येक प्रश्न में आंतरिक विकल्प होगा। प्रत्येक प्रश्न के दो भाग 'क' और 'ख' होंगे एवं अंक क्रमशः 08 एवं 07 होंगे। प्रश्नपत्र का पूर्णांक 75 निर्धारित है।

प्रश्नपत्रके पूर्णांकका दस प्रतिशत अंक आंतरिक मूल्यांकनके लिए निर्धारित है।

पाठ्यक्रम अधिगम परिणाम:-

इस पाठ्यक्रम को पूर्ण करने के पश्चात विद्यार्थी:-

1. हिंदी प्रयोजनात्मक तथा कार्यशील भाषा के प्रति सजग होंगे।
2. भाषा संबंधी संभावित अशुद्धियों एवं उनके परिष्कारसे परिचित होंगे तथा मानक भाषा का व्यवहार करने में सक्षम होंगे।
3. विद्यार्थियों के शब्द भंडार में वृद्धि होगी।
4. हिंदी साहित्य के पठन-पाठन के प्रति रुचि जागृत होगी एवं सामाजिक महत्व के विविध आयामों को समझने की दृष्टि विकसित होगी।

पाठ्यक्रम निर्माण का औचित्य:-

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Central Board of Studies Foundation Course Paper-II

English Language for Under Graduate Students

Programme Outcomes for English Language B.A/B.Sc/B.Com I, II, III

The programme enables a student to get acquainted

- With the rich cultural heritage and develops patriotic feelings through the works of Indian authors & poets.
- To get exposure of the usage of grammar according to contemporary times.
- To have an exposure about the literary genre with the help of the authors & poets across the globe.
- To develop an appreciation for English Language & Communication Skills.


(Dr. Sushama Mishra)


2/6/23
(P. Chandray)

Learning Outcomes (English Language) B.A/B.Sc/B.Com - I, II,III

The learning outcomes are as follows:

1. To strengthen the linguistic skills -Listening, Speaking, Reading and Writing.
2. To refine the way of thinking and speaking which would lead them to have mighty ideas in day to day life.
3. To improve students speaking ability in English both in terms of fluency and comprehensibility.
4. To enhance practical use of English in day-to-day life.
5. To enrich the vocabulary of the students.

Anshame
12.6.2023
Dr. Sushama Mishra

Dr. Sushama
2/6/23
(Sushama)

**Programme Specific Outcomes FC_ Paper-II
(English Language) B.A/B.Sc/B.Com - I, II,III**

The Programme Specific outcomes are as follows:

1. To develop abilities of the students as a critical reader and writer.
2. To develop the ability of public interaction and speaking.
3. To develop self awareness about English language.
4. To develop critical thinking .

To give a practice in writing, drafting of English assignments.

Sushama
(Dr. Sushama Mishra)

[Signature]
2/6/23
(P. Chaudhary)

BA/B.Sc./B.Com/B.Sc. Home.Sc. (Part-I)
Foundation Course Paper-II English Language

Max. Marks:75
Total credits: 05

Qualifying Marks:26

Paper-II	Mark's	Period's	Credit
Unit-I Flamingo : A Textbook for college students Publication : Macmillan Publishers	3x5=15	18	01
Unit -II <ul style="list-style-type: none"> • Writing Skill • Describing a place or a person. • Writing a Biographical Sketch • Narrating an event or experience 	1x10=10	18	01
Unit -III Reading Comprehension <ul style="list-style-type: none"> • (a) Unseen Passage (Normal) • (b) Vocabulary (Text-based) 	1x5=05 1x10=10	18	01
Unit -III Reading Comprehension (a) Unseen Passage (Normal) (b) Vocabulary (Text-based)	1x5=5 1x5=5	09	0.5
Unit-V Grammar <ul style="list-style-type: none"> • Articles • Gerunds /Participles • Subject Verb Agreement • Use of Conjunctions • Tenses • Relatives • Possessives & self forms • Grammatical items given in Textbook 'Flaminso' 	1x25=25	27	1.5
Total	75	90	05
Recommended Books- 1. Essential English Grammar, 2nd Edition by Raymond Murphy, Cambridge Publication 2. English Grammar in use 5th edition by Raymond Murphy, Cambridge Publication. 3. Advanced English Grammar by Martine Hewings Cambridge University Press.			

Am
(Dr. Sushama Mishra)

Dr. G. M. ...
2/6/23
(P. Choudhary)

B.Sc. (HOME SCIENCE)

Year	Course Code	Subject Name	Theory / Practical	Total Credit	UE	IA	Marks	
							Total	
							Max	Min
First	HSCF-1T	Environmental studies	Theory	4	60	15	75	25
	HSCF-2T	Hindi Language	Theory	4	60	15	75	25
	HSCF-3T	English Language	Theory	4	60	15	75	25
	HSC-1T	Basic Nutrition	Theory	4	60	15	75	25
	HSC-2T	Introduction to Resource Management	Theory	4	60	15	75	25
	HSC-3T	Introduction to Human Development	Theory	4	60	15	75	25
	HSC-4T	Textile and Clothing	Theory	4	60	15	75	25
	HSC-5T	Community Development	Theory	4	60	15	75	25
	HSC-6T	Personal Empowerment and Computer Basics	Theory	4	60	15	75	25
	HSCF-1P	Environmental Study Field work	Practical	2	25	NA	25	25
	HSC-1P	Basic Nutrition	Practical	2	25	NA	25	09
	HSC-2P	Introduction to Resource Management	Practical	2	25	NA	25	09
	HSC-3P	Introduction to Human Development	Practical	2	25	NA	25	09
	HSC-4P	Textile and Clothing	Practical	2	25	NA	25	09
	HSC-5P	Community Development	Practical	2	25	NA	25	09
	HSC-6P	Personal Empowerment and Computer Basics	Practical	2	25	NA	25	09
			Total		50	715	135	850

Note- There shall be four extra credits in each year for internship/ Apprenticeship .The certificate of extra credits for this would be provided by the concern university and it is not mandatory.

Abbreviations Used-

UE: University Examination

IA: Internal Assessment

Note:

1. Students have to pass the Environment Studies (Additional & Compulsory) till the end of the maximum duration provided for the program. Degree will not be awarded without passing the environmental studies paper.
2. There shall be four extra credits in all the years of under graduation for internship/apprenticeship/Skill development program/Value added program. The certificate of extra credits would be provided by the university concern and is not mandatory.

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General Information of B.Sc. Home Science Program

- Title and code of the program:** The title of the programme shall be Bachelor of Home Science (B.Sc. H.Sc.) The program code of B.Sc. Home Science shall be "HSc2022".
- Eligibility for admission:** Eligibility of admission in B.Sc. Home Science will be as follow:
 - Students must pass H.Sc. (Class 12th) in any stream/Three year diploma course in any branch of technical education / Vocational Education or equivalent from a recognized board.
 - Students must have a minimum aggregate of 40% marks in HSc examination (Relaxation in percentage will be as per rule of C.G. Govt.).
- Scheme of examination:** Each theory paper is divided into three components as follow, there shall not be any Internal Assessment (IA) for practical part of every subject :-
 - Total Marks:100 Marks
 - University Examination (UE): 60 Marks
 - Internal Assessment (IA): 15 Marks
 - Practical : 25 Marks
- Internal Assessment (IA):** The structure of IA shall be as follow:
 - Internal test (15 Marks):** There shall be two internal tests of 15 marks each, the average of both tests shall be considered as the marks of internal test. The marks of assignment shall be of 15, the average of the both tests shall be added with marks of assignment, and the total will be divided by two.
- University Examination (UE):** The pattern of examination shall be as follow:
 - There shall be three sections of question paper: A, B and C.
 - Section A (20 Marks) shall consists "Very Short Answer questions", Three questions from each unit with internal choice of solving two.
 - Section B (20 Marks) shall consist of "Short answer questions" from each unit, two questions from each unit with internal choice of solving one.
 - The Section C (20 Marks) shall consist "Long answer questions", one from each unit, with internal choice of solving any two questions, each has 10 marks.
- Programme Learning Outcomes (PLO):** On completion of this programme, the students are expected to:

PLO1: To Apply knowledge of Basic Nutrition, Textile and Fibre Science, Resource Management , Community Development , Human Development with basic knowledge of women empowerment and Computer Basics at the individual level , community level and also on commercial level.

PLO2: To apply knowledge of nutrition as Medical Nutrition Therapy for disease correction, Technical knowledge of physio-chemical nature of textile fibres and yarn making, working of various systems in human body, Skillful communication techniques, Developmental stages in life cycle and consumer economics related knowledge.

PLO3: To apply knowledge of Biochemistry of Macro molecules as Protein, Lipids, Carbohydrates and Micro-Molecules as Vitamin, Minerals, Antioxidants, Preservation Technology, Extension education for the community and national benefit, Care of human in early years of life, Principles of Art and Designing and skills of apparel making with fashion designing.

PLO4: To apply new technology in the field of Nutrition as Neutrogenomics, Nanotechnology for Medical Nutrition Therapy, Management of human resources properly, advances in Textile science, advances in Human developments as maintenance of good mental health and Research Methodology with latest data collection and analysis details in the field of Home Science Research.



Part A: Introduction

Program:: Certificate Course		Class:: B.Sc. Home Science I Year	Year:: 2022	Session::2022:2023
1	Course Code	HSC-1T		
2	Course Title	Basic Nutrition		
3	Course Type	Theory		
4	Pre-requisite (if any)	NO		
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand basic Knowledge of foods and nutrition. • To understand basic Knowledge of physiological role of nutrients. • To understand basic Knowledge of structure of nutrients. • To understand basic Knowledge of food groups. • To understand basic Knowledge of locally available foods. 		
6	Credit Value	Theory:4		
7	Total Marks	Max. Marks: 60 + 15	Min Passing Marks : 25	

Part B: Content of the Course

Total Periods: 60

Unit	Topics	NO. of Periods
I	Concept of Nutrition: Good Nutrition. Under and Over Nutrition, Health, Functions of Food, Methods of Cooking: Traditional and modern Methods of cooking.	12
II	Nutrients: Macro nutrients: Classification, sources, functions Recommended Dietary Allowances, Carbohydrates Fats, Protein Fiber.	12
III	Nutrients: Micro nutrients ,Calcium Iron ,Zinc ,Iodine ,Fat soluble vitamins (A,D,E,K) , Water soluble Vitamins (Thiamine, Riboflavin, Niacin, Vitamin C, Pyridoxine, Folic Acid and vitamin B12).	12
IV	Food, Structure: Composition, Classification and Functions, Cereals, Millets Pulses, Legumes, Fruits and Vegetables, Milk and Milk Products, Eggs.	12
V	Locally available foods: to combat Malnutrition, anemia, vitamin deficiencies, Ready to eat nutritious foods, Low cost nutritious recipes and their Calculation of nutritive value and cost.	12

Keywords:: Foods and Nutrition , Macro and micro nutrients, food groups, structure and composition, Methods of improving, Nutritional quality of food.

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. आहार एवं पोषण . डॉ अरुणा पाल्टा, 3rd Edition, Shiva Prakashan.
2. आहार एवं पोषण . डॉ वृन्दा सिंह, 1st Edition, Panchsheel Prakashan.
3. Normal and therapeutic Nutrition : Robinson, C.H., Lawler, M.R. CheNOWeth, W.L and Garwick'A.E, 17th Edition, Macmillan Publishing Co.
4. Essentials of Food and Nutrition VI : Fundamentals Aspects VII: Applied Aspects.: Swaminathan, M.S., 2018 Edition, The Bangalore Press Publisher.
5. Introductory Foods: Hughes, O.Behnion, M. 5th Edition MacMillan Company.
6. Nutrition and Diet Therapy : Williams, S.R., 4th Edition, C.V. Mosby Publishing Company.
7. Food Science : B. Shrilaxmi, 7th Edition, New Age International Publisher.
8. Nutrition and Diet Therapy: Sue Rodwell Williams, 6th Edition, Times Mirror/Mosby College Publishing.
9. Foods, Facts and Principles: N Shakuntala Manay, M Shadabaksharaswamy, 3rd Edition Published by New Age International Publisher.
10. Food Science and Application in Indian Cookery : Usha Chandrasekhar, 2002 Edition, Phoenix Publishing House P. Ltd..
11. Basic Food Preparation: A Complete Manual: Raina U, Kashyap S, Narula V, Thomas S Suvira, Vir S, Chopra S, 4th Edition, Orient Black Swan Ltd, Mumbai.
12. Text Book of Human Nutrition: Mahtab, S. Bamji, Kamala Krishnasamy, Brahman G.N.V 3rd Edition, Oxford and IBH Publishing Co. P. Ltd..
13. Food Science and Nutrition : Sunetra Roday , 4th Edition, Oxford University Press.
14. Indian Food Composition Tables: Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K., 2017 Edition, (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.

E- learning Resources:

1. Basic Nutrition
 - <https://youtube.com/watch?v=oaQyiVdeluEandfeature=share>
 - <https://youtu.be/GgUEkRBPPT0>
 - <https://youtu.be/a:pXxDrlVjk>
 - <https://youtu.be/4IMhVISEcxA>
 - <https://youtu.be/4iDi7fjSAGE>
 - <https://youtu.be/o6s1jGdo7po>
 - <https://youtu.be/FMZNmgmwXag>
2. Concept of Nutrition
 - <https://www.youtube.com/watch?v=HtEPzK1RkFg>
 - Macro Nutrient
 - <https://www.mdanderson.org/publications/focused:on:health/what:are:macronutrients:h15:1593780.html#:~:text=Carbohydrates%2C%20fat%20and%20protein%20are,Anderson%20Wellness%20Dietitian%20Lindsey%20Wohlford.>
 - Nutrient
 - <https://en.wikipedia.org/wiki/Nutrient#:~:text=A%20nutrient>

3. Food Structure

<https://www.sciencedirect.com/journal/food:structure>

4. Locally Available Food

[https://www.google.com/search?q=Localy+Avaliabe+Foodanddq=Localy+Avaliabe+Foodandaqs=crome..69i57j0i1314j0i15i22i30j0i22i30j0i15i22i30j0i22i30j0i22i30i2.4818j0j9andsourceid=chromeandie=UTF:8](https://www.google.com/search?q=Localy+Avaliabe+Foodanddq=Localy+Avaliabe+Foodandaqs=crome..69i57j0i1314j0i15i22i30j0i22i30j0i15i22i30j0i22i30i2.4818j0j9andsourceid=chromeandie=UTF:8)

UTF:8

Part D : Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 75

Continuous Comprehensive Evaluation (CCE): 15 Marks

University Exam (UE): 60 Marks

Internal Assessment:

Continuous Comprehensive
Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignment Marks: 15
(Mean of Two Tests + Assignment
Divided by 2)

Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC- 2T	
2	Course Title	Introduction To Resource Management	
3	Course Type	Theory	
4	Pre-requisite(if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand Importance of proper Management. • To understand Factors Important for management. • To understand Decision Making Process. • To understand Management of time, energy and finance. • To understand Work simplification. • To understand Management of available resources. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	Introduction to Resource Management: Definitions Types of Management, Advantages of Management Limitation in Management.	12
II	Factors Motivating Management: Goals: Definition, Types and Utility, Values: Importance, Sources, Classification, Characteristics, and Changing values. Standards: Conventional and Non Conventional: qualitative, quantitative, conventional and Non conventional, Relation between values, goods and standard.	12
III	Resource: Types of Resources, Characteristics of Resource, Factors affecting use of resources, Relation to Resources to Management Decision making: Definitions and Importance, Steps of Decision, Factors affecting decision Resolving conflicts.	12
IV	Management Process: Meaning Definition and element of Management process: Planning, Controlling, Organizing and evaluation, Planning: Importance, Techniques and Types Organization, Controlling: Phases of Controlling, Factory in success of the control steps: suitability, promptness, New decisions, Flexibility, Supervision: Types of Supervision: Direction and Guidance, Evaluation: Importance, Types, Techniques of Self evaluation, Evaluation of whole process and management.	12

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V	<p>Management of Resources: Time Management: Tools: Time patterns, Time Cost, Peak Load, Work Curve, Rest Period, Time Norm, Energy Management, Introduction, Type, Causes, Symptoms, of fatigue Measures to Relives.</p> <p>Process of energy management: Work Simplification Definition Importance, Techniques Formal and informal pen and pencil techniques.</p> <p>Time Management: Tools, Time patterns, Time Cost, Peak Load, Work Curve, Rest Period, and Time Norm.</p> <p>Energy Management: Introduction, Type, Causes, Symptoms, of fatigue Measures to Relives, Process of energy management, Work Simplification Definition Importance, Techniques – Formal and informal pen and pencil techniques.</p>	12
<p>Keywords: Resource Management, goals, values and standers decision making, management process.</p>		

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. Family resource management: Brinda Singh, 3rd Edition, Panchsheel Prakashan.
2. Family resource management – Premavathy Seetharaman, Sonia Batra, Preeti Mehra, 6th Edition, CBS Publication.
3. Family resource management: Tami James Moore, Sylvia M.Asay, 4th Edition, SAGE Publishing.
4. Foundation of Family resource management: Elizabeth B Goldsmith, 6th Edition, SAGE Publishing.
5. गृहव्यवस्था एवं गृहसज्जादक रीना खन्जूजा, 4th Edition, Bookman Publisher,
6. Management of Modern Families: Inma,N.,Gross, Elizabeth Crandall, Manjori m. Knoll 2nd Edition Appleton Century Crofts Publisher.
7. Home Management: Varghese, MA, Srinivasan, Kogale, NN, 2nd Edition, New Age International Publisher.
8. Management for modern families: Gross, Cranall and Kloli, 3rd Edition, Princticee Hall Inc.
9. Management in Family living: Nickell and Dorsey, J, 4th Edition, Wiley Eastern Limited.
10. Family Resource Management and Interior Decoration : Bhargava, B, 4th Edition, Jaipur: Apple Printer and V. R. Printers
11. Home Management: Contexts and Concepts : Deacon, R. F., and Firebaugh, F.M. 7th Edition, Boston: Houghton Mifflin Company.

E-learning Resources:

1. Management Process
https://www.youtube.com/results?search_query=management+process
2. Energy Management
https://www.youtube.com/results?search_query=process+of+energy+management+in+hindi

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15 Marks

University Exam (UE): 60 Marks

Internal Assessment :

Continuous Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignments Marks: 15
(Mean of Two Tests +
Assignment Divided by 2)

Praveen

Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-3T	
2	Course Title	Introduction To Human Development	
3	Course Type	Theory	
4	Pre-requisite(if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand growth and development. • To understand Principals of development. • To understand Importance of heredity and environment. • To understand various aspects of development. • To understand Interventions for Families in Trouble. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	<p>An overview on the field of HD: Definition of development, ie. Family and society, variations across cultures and individual differences in human development, family and child welfare. A family welfare programme, Child welfare program.</p> <p>Growth and Development: Understanding growth and development (Definitions), General Principles of development, Constraints and facilitators in growth and development (influences of heredity and environment).</p> <p>Genetic Inheritance: (i) fertilization (ii) Number of chromosomes. (iii) Genotype and phenotype, (iv) sex linked genetic effects.</p> <p>Environmental per-requisites: (i) Nutrition, (ii) opportunities, Interaction between environment and inheritance:</p> <p>(i) Genes provide the predisposition, range and direction of development,</p> <p>(ii) Environment determines the extent or limit.</p> <p>(iii) The beginning of a new life</p> <p>Prenatal development: Prenatal influences on the child: biological risks, age of mother, physical characteristics, illness, diet and nutrition, stress and emotional strains environmental hazards.</p>	12
II	<p>Physical Development: The new born physical appearance: size, weight, bodily proportions, sensory capacities i.e. hearing, vision, taste, smell, touch, temperature and position, Changes in size, shape, muscles and bones, and brain as it continues through : infancy, end of infancy, Linking physical and motor development.</p>	12

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	<p>Motor development: reflexes in infancy; major milestones through end of infancy, Physical and motor development can be influenced through (i) Maturation, (ii) nutrition, (iii) monitoring and healthcare, (iv) stimulation, (v) practice.</p>	
III	<p>Cognitive Development across the Life Span: Cognitive development: The concept of intelligence and Mental age, IQ (A brief introduction to Piaget's theory) introduce stages without much elaboration: sensor motor stage in infancy, concrete operational stage in childhood changes in remembering the reasoning in middle childhood, formal operations in adolescence, fluid and crystallized intelligence in adulthood, declining cognitive abilities in late adulthood and old age.</p> <p>The Development of Language across the Life Span: Language as a form of communication: Functions of language: expressing wishes, controlling others, interacting with others, expressing individuality, exploring the world, pretending, using language to communicate/share information, understanding our society and culture, reasoning.</p> <p>Communicating before language development i.e. the stages of vocalization: undifferentiated crying differentiated crying, babbling, Imitation of sound, patterned speech, Beginning to use language: one or two word utterances; early sentences; telegraphic speech; understanding metaphors, smiles, irony, reflecting on superficial and deeperlevel meanings of sentences.</p> <p>Uses of language; conversational acts (Non-verbal) conversational conventions, learning to listen, Language development can be influenced through: (i) Maturation (ii) Stimulation.</p> <p>Deviations in language development: in language development: Possible decline of language in the aged, (speech: impairment and disorders to be introduced briefly).</p>	12

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IV	<p>Socio-emotional Development Across the Life Span: Understanding social and emotional development.</p> <p>Social development: Introduce socialization as an important part of the process of becoming human. Social milestones: beginning with the emergence of the social smile; attachment, separation, anxiety, acquiring sex roles in childhood, induction into occupational roles by adulthood, social isolation and consequences in late adulthood and in the elderly.</p> <p>Patterns and role of parent: child interactions, interactions with siblings and peers; social and cultural interactions through infancy to old age.</p> <p>Emotional development: Emotions serve two adaptive functions: (i) motivating and (ii) communication.</p> <p>Basic emotional reactions (joy, fear, jealousy, anger, sadness, aggressiveness).</p> <p>Components of emotion: (i) emotions are elicited by the context, (ii) include bodily activity, (iii) emotional expressions are made through facial expressions, bodily-movements, vocalization, (iv) labeling emotions.</p> <p>Emotions may be acquired as a result of/by the Influence of (I) internal and external sources, (ii) cognition, (iii) learning and (iv) social reinforcement.</p> <p>Milestones of emotional development through infancy and childhood emotional confusions and adolescence, stability of emotions in adulthood and old age, Emotional problems: (i) depression, (ii) over-activity, (iii) aggression.</p> <p>Personality Development across the Life Span: Personality Development, Components of personality, Factors affecting Personality: (a) heredity, (b) environment (parenting styles, peer groups, social interactions, early childhood experiences, life events, support available in a community etc.) Deviant personalities: (Juvenile delinquency in childhood and anti-social personalities in adulthood).</p>	12
V	<p>Marriage: Marriage as an institution: goals, rituals, functions, changes and challenges, Mate selection: factors influencing, considerations of exogamy and endogamy, changing trends, arranged and personal choice of mates., Preparation for marriage, social emotional issues, financial concerns and exchanges, guidance and counseling, Marital adjustment, areas and factors influencing: Planned Parenthood.</p> <p>Families with Problems: Families in distress, violence and abuse, dowry victimization, violence against women.</p> <p>Interventions for Families in Trouble: Counseling pre marital and marital Programmes and policies of CG Govt. for children and families</p>	12

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and their evaluation.

Keywords: Development, growth, heredity, environment, physical development, motor Development, Language development, cognitive development.

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Human Development: Brinda Singh, 3rd Edition, Panchsheel Prakashan.
2. बाल विकास समबाबू गुप्त, 2nd Edition, ViNOD Pustak Mandir.
3. बाल मनोविज्ञान एवं बाल विकास and डॉ डी एन श्रीवास्तव, डॉ प्रीति वर्मा, 2020 Edition, ViNOD Pustak Mandir.
4. Handbook of Child Psychology : Mussen (Ed.) Vol. 1, New York; Scientific American Books.
5. Human Development: Gordon, I. J. 2nd Edition, New York : Harper and Row Publications.
6. Human Development and Family Studies in India : Saraswathi T.S. and Kaur, B 2nd Edition, Sage Publications.
7. Child Development: Elizabeth B. Hurlock, 5th Edition, MC Graw Hill Education India.
8. Text book of Human Development (A Life Span Development Approach) : Dr. S. Shrivastava, Dr. K. Sudharani, 2016 Edition, S. Chand and Company.
9. Strategies for Human Development: Dr. Samar Deb, 2017 Edition, Kalpaz Publication.
10. Child Development: Elizabeth B. Hurlock, 6th Edition, MC Graw Hill Education India.
11. Child Psychology and Development: S.K. Mangal and Shubhara Mangal, 2019 Edition, Sterling Publishers.

E-learning Resources:

1. Growth and Development
https://www.youtube.com/results?search_query=Growth+and+Development
2. Genetic Inheritance
https://www.youtube.com/results?search_query=genetic+inheritance
3. Prenatal Development
<https://www.google.com/search?q=prenatal+development>
4. Physical Development
<https://www.google.com/search?q=physical+development>
5. Motor Development
<https://www.google.com/search?q=motor+development>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15 Marks

University Examination(CCE): 60 Marks

Internal Assessment:

Continuous Comprehensive Evaluation (CCE)

Class Test

Assignment/Presentation

Two Test each of 15 Assignments Marks: 15
(Mean of Two Tests + Assignment Divided by 2)

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Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022	Session: 2022:2023
1	Course Code	HSC- 4T		
2	Course Title	Textile And Clothing		
3	Course Type	Theory		
4	Pre-requisite(if any)	NO		
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ol style="list-style-type: none"> 1. To understand chemistry of textile fibers. 2. To understand Yarn and fabric making process. 3. To understand variety of wifes and weaving process. 4. To understand various finishes and their uses. 5. To understand Dyeing and printing in detail. 		
6	Credit Value	Theory: 4		
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25	

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	Introduction of the Subject: Common Terminologies used in Textile, Properties of Textile Fibers, Classification of the textile fibers: History, composition, types, production and properties, Natural Fiber – Cotton, Linen, Silk, Wool, Man-Made Fiber – Rayon, Thermoplastic Fiber – Nylon.	12
II	Study of Yarn: Meaning, Yarn Making : Mechanical and Chemical Types – Simple, Complex, Novelty and Textured yarn number, yarn count ,Yarn Twist, Methods of fabric construction, Weaving: Handloom and its parts, Different types of weaves: Plain weaves, Floating weaves, Pile, Jacquard and Leno weaves, Other methods of fabric construction : Felting, Knitting, Crocheting, Braiding and Lacing.	12
III	Finishes: Meaning and purpose, Physical finishes: Singeing, Napping, Brushing, Shearing, sizing, shrinking, Tendering, Calendaring etc, Chemical finishes: Bleaching and mercerizing, Special purpose finishes: wrinkle resistance, water resistant and water repellent, Flame retardant, crease resistance, soil resistant etc, Identification of Fabric, Appearance test / Microscopic test, Burning test / Creasing test, Breaking test / Tearing test and Chemical test, Importance of Clothing.	12
IV	Dyes: Definition and Classification, Suitability of various dyes to different fibers, Dyeing methods of different stages of processing: Fiber, yarn, piece, union and cross, Household method of dyeing, Colour fastness, Characteristics of colour fastness, Fastness to sunlight, crocking, perspiration.	12

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V	Printing : Its significance, Methods of printing : Block, Stencil, Screen and Roller printing, Advantages and disadvantages of various methods of printing, Faults in different printing methods, Preparation of printing paste, Preparation of cloth for printing, After treatment of printed goods, Resist dyed : Bandhej of Gujarat and Rajasthan, Batik.	12
Keywords:: Textile fibers natural and synthetics, yarn making fabric construction waving, Finishes, dying, printing.		

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. वस्त्र विज्ञान एवं परिधान का परिचय : डॉ मंजु पाटनी, 2022 Edition, Star Publication.
2. Textile Science: an explanation of fiber properties: Gohl, E., Vile sky, L., 2 edition, New Age International Publishing.
3. वस्त्र विज्ञान एवं परिधान का परिचय : डॉ बी के बख्शी , 2nd Edition, ViNOd Pustak Mandir.
4. वस्त्र विज्ञान - वृन्दा सिंह, 19th Edition, Panchsheel Publication.
5. तंतु एवं वस्त्र विज्ञान : डॉ शिप्रा बैनर्जी, 2018, Chhattisgarh Hindi Granth Academy publisher.
6. Fundamentals of Textiles and their care : Sushsila Dhantyagi, 5th Edition, Orient Black Swan.
7. Textile testing and analysis: Collier, B.J., and Epps, H.H. 1998 Edition, Prentice Hall Publishers.

E: Learning Resources:

1. Study of Yarn
<https://www.google.com/search?q=Study+of+Yarnand>
2. Finishes
<https://www.google.com/search?q=finishesand>
3. Dyes
https://www.youtube.com/results?search_query=Dyes
4. Printing
https://www.youtube.com/results?search_query=Printing

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment:

Continuous Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Two Test each of 15
Assignment Marks: 15
(Mean of Two Tests +
Assignment Divided by 2)

Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-5T	
2	Course Title	Community Development	
3	Course Type	Theory	
4	Pre-requisite(if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand developmental approaches. • To understand community development in India. • To understand support structure and their functions. • To understand developmental programs at various stages. • To understand analysis of social satisfaction. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	NO. of Periods
I	<p>Development: Definitions, types: large scale and centrally planned and small scale and locally planned, Community Development in India, Evolution of community development programs in India since Independence.</p> <p>Historical Perspective of development approaches: The Capitalistic approaches. The Welfare approach, The Gandhian approach, The Modernization approach, The Institutional and social justice approach.</p>	12
II	<p>Support structures and their Functions: Central Social Welfare Board, State Social Welfare Board, National Level Voluntary Agencies such as CAPART, KVIC, Elected Panchayats, Community Development Program Approaches: Multi-purpose, Target group, Growth centered.</p> <p>Home Science and Community Development: Scope of Home Science Extension for meaningful participation in community development in India.</p>	12
III	<p>Analysis of Social Relations of Groups Social Stratification: Caste System (Micro/Macro): Differential ranking of groups as superior and inferior caste-groups; changes that have taken place/expected; abolition of un-touch ability, inter-caste collaboration, fusion of sub-castes; impact of reservations; social inequalities – extent of Acceptance or opposition, Role of audio visual aids in community development.</p>	12

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IV	Poverty Analysis: (Micro/Macro) causes of poverty and The number and proportion of poor (in general and with reference to gender in particular), health facilities, clothing and housing facilities, education facilities. Unemployment pattern and indebtedness; causes of poverty and inequalities; programs for poverty alleviation. Poverty line.	12
V	Analysis of Social Relation to Environment (Micro/Macro): Customs, mores, rules, regulations that are eco-friendly and that are Not eco: friendly, Approaches and methods of socio-economic analysis: Rapid rural appraisal, Participatory rural appraisal, Survey, Case studies, observation, Participant observation	12
Keywords: Gandhian and capitalistic approach, Support structures, Approaches for community development, Cast systems (Micro and Macro), Poverty analysis.		

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Suggested Readings:

1. An introduction to community development – Yashwant G. Mahajan 1st Edition, Current Publication.
2. Community organization and development – an Indian perspective: Asha Ramagonda Patil, 1st Edition, PHI Learning.
3. Community organization and social work: Sheeba Joshep, Vishnu Das, 2016 Edition, Discovery Publishing.
4. A Development Communication: Uma Narula, Revised Edition, Haranand Publication.
5. Classes in India Today : Desrochers, John 1984 Editions, Centre for Social Action.
6. Culture, Religion and Development: Dietrich, Gabriele 1978 Edition, Centre for Social Action.
7. A Study of Rural EcoNOmics: Systems Approach, Desai, Vasant 1990 Edition, Himalaya Publishing House.
8. Cognitions learning course NO: 25 SWAYAM Portal based course.
9. Information and Communication techNOlogy: Dr. Aprajita Bhatt SWAYAM portal course based.

E: Learning Resources:

1. Poverty Analysis
https://www.youtube.com/results?search_query=Poverty+Analysis
2. Community Development –Basic details
<https://www.elearninglearning.com/community/>
3. Course details of Community Development
https://www.researchgate.net/publication/229439447_Online_learning_communities_and_community_development
4. Policies for Community Development-
<https://alison.com/course/introduction-to-community-development-revised>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Assignment Marks: 15 (Mean of Two Tests + Assignment Divided by 2)
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Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-6T	
2	Course Title	Personal Empowerment and Computer Basic	
3	Course Type	Theory	
4	Pre-requisite(if any)	NO	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand personal growth and development. • To understand Women empowerment. • To understand Home science as empowerment tool. • To understand Computer fundamentals. • To Understand Various Operating Systems. 	
6	Credit Value	Theory: 4	
7	Total Marks	Max. Marks: 60+15	Min Passing Marks : 25

Part B: Content of the Course		
Total Periods: 60		
Unit	Topics	No. of Periods
I	Personal Growth and Personality Development (Through exercises, role play, discussions): The challenge: understanding and managing oneself, being aware of one's strengths and weaknesses. Personality Development: Factors and influences: emotional and motivational aspects; assertion vs. aggression, Peer pressures: Issues and management; group conformity and individualism as co-existing aspects, Conflicts and stresses, simple coping strategies.	12
II	Empowerment of Women: Women and Development: The personal, familial, societal and national perspectives, Capacity building for women: Education, decision-making abilities and opportunities, awareness and information on legal and political issues, Women's organizations and collective strength: Women's action groups, women's participation in development initiatives.	12
III	Home Science Education as Empowerment: The interdisciplinary of Home Science Education, The role of Home Science Education for personal growth and professional development, Home Science as holistic education with integration of goals for persons, enhancement and community development.	12
IV	Some Significant Contemporary Issues of Concern: Gender issues: inequities and discriminations, biases and stereotypes; myths and facts, AIDS: Awareness and educations	12

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V	Computer Fundamentals: Overview about computers, Components of a computer, Input/output devices, Secondary storage devices, Representation of Data: Files, Records, Files, File organization and access, Introduction to Operating Systems.	12
Keywords: Personality development, Role play, Discussions, women empowerment, home science education, Fundamentals of computers.		

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Women resources and national development – Chandashekhar, Edition 5th, 2011, Printice Hall.
2. Career management- A new challenge: vol:1: Bhattacharya, Panchsheel Publisher.
3. India Youth: process of socialization: Gove M.S. 3rd Edition, Vishwa Yuva Kendra.
4. Computer fundamental: Pradeep K Sinha, 8th edition, BPB Publication.
5. Basic computer course: Changeriya, 3rd Edition, Chetan Prakashan.
6. Computer basic: Gourav Agrawal, 2nd Edition, Digital Munim ji.
7. Women's Resource and National Development : A Perspective, 1992 Edition, Gaurav Publishing House.
8. Fundamentals of To aching Home Science: Chandra A.A. Shah and U. Joshi, 1989 Edition, Sterling Publishers Pvt Ltd.
9. Understanding Psychology: Feldman, R. 1987 Edition, McGraw Hill Co.
10. SWAYAM portal course based Information and Communication technology: Dr. Aprajita Bhatt.

E: Learning Resource:

1. Women Empowerment
https://www.youtube.com/results?search_query=women+empowerment
2. Empowerment Policies In India-
https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwivj5KFIKj4AhVkmGYCHV5GCzAYA-BADGgJzbQ&ae=2&ohost=www.google.co.in&cid=CAASJeRoIWw93YwZziCOI5Uv_j6o-
3. Polices for Women-
https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwivj5KFIKj4AhVkmGYCHV5GCzAYA-BACGgJzbQ&ae=2&ohost=www.google.co.in&cid=CAASJeRoIWw93YwZziCOI5Uv_j6o-
4. <https://www.female-rights.com/e-learning-platform/>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 75

Continuous Comprehensive Evaluation(CCE): 15

University Exam (UE): 60

Internal Assessment: Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Two Test each of 15 Assignment Marks: 15 (Mean of Two Tests + Assignment Divided by 2)
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Part A: Introduction			
Program:: Certificate Course		Class:: B.Sc. Home Science I year	Year:: 2022
		Session:: 2022:2023	
1	Course Code	HSC-1P	
2	Course Title	LAB1: Basic Nutrition	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of various nutrients, their functions and sources.	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be enable to:</p> <ul style="list-style-type: none"> • To understand Knowledge of weights and measurements for foods related with intake and cooking. • To create basic Knowledge of any specific nutrient rich/deficient recipe. • To create specific nutrient dense recipe to combat local deficiency diseases. • To understand Basic Knowledge of locally available food grains in recipes. • To develop traditional Indian and Chhattisgarhi recipes. 	
6	Credit Value	Practical : 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total NO. of Periods :15	
Tentative Practical List	<p>Note: This is tentative list; the teacher concern can add more Experiment as per Requirement.</p> <ol style="list-style-type: none"> 1. Weights and Measures standard and household measures for raw and cooked food. 2. Preparation of two low cost nutritious recipes. 3. Cooking Methods : Chhattisgarhi traditional recipes, sweet and salty. 4. Protein rich, Iron and calcium rich –locally available low cost recipe of Ragi, leafy vegetables, millets, Kodo, Kutki. 5. Preparation of ready to eat nutritious Products. 6. Three day workshop for low cost nutritious recipe. 7. Work shop on Indian and Chhattisgarhi Traditional recipes. 8. Visit to Gadh Kaleva or Chhattisgarhi restaurants. 9. Project/ Field work: Identification and data collection of nutrition based diseases in community (sample 200/ group of 6 students).

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Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. आहार एवं पोषण दक डॉ अरुणा पाल्टा, 3rd Edition, Shiva Prakashan.
2. आहार एवं पोषण दक डॉ वृन्दा सिंह, 3rd Edition, Panchsheel Prakashan.
3. Normal and therapeutic Nutrition : Robinson, C.H., Lawler, M.R. CheNOWeth, W.L and Garwick A.E, 17th Edition, Macmillan Publishing Co.
4. Essentials of Food and Nutrition VI : Fundamentals Aspects VII: Applied Aspects.: Swaminathan, M.S., 2018 Edition, The Bangloare Press Publisher.
5. Introductory Foods: Hughes, O.Behnion, M. 5th Edition MacMillan Company.
6. Nutrition and Diet Therapy : Williams, S.R., 4th Edition, C.V. Mosby Publishing Company.
7. Food Science : B. Shrilaxmi, 7th Edition, New Age International Publisher.
8. Nutrition and Diet Therapy: Sue Rodwell Williams, 6th Edition, Times Mirror/Mosby College Publishing.
9. Foods, Facts and Principles: N Shakuntala Manay, M Shadabaksharaswamy, 3rd Edition Published by New Age International Publisher.
10. Food Science and Application in Indian Cookery : Usha Chandrasekhar, 2002 Edition, Phoenix Publishing House P. Ltd..
11. Basic Food Preparation: A Complete Manual: Raina U, Kashyap S, Narula V, Thomas S Suvira, Vir. S. Chopra S, 4th Edition, Orient Black Swan Ltd, Mumbai.
12. Text Book of Human Nutrition: Mahtab, S. Bamji, Kamala Krishnasamy, Brahmam G.N.V 3rd Edition, Oxford and IBH Publishing Co. P. Ltd..
13. Food Science and Nutrition : Sunetra Roday , 4th Edition, Oxford University Press.
14. Indian Food Composition Tables: Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K, 2017 Edition, (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.

E: learning Resources:

1. Basic Nutrition
 - <https://youtube.com/watch?v=oaQyiVdeluEandfeature=share>
 - <https://youtu.be/a:pXxDrlVjk>
 - <https://youtu.be/4IMhVISEcxA>
 - <https://youtu.be/4iDi7fjSAGE>
 - <https://youtu.be/o6s1jGdo7po>
 - <https://youtu.be/FMZNMgmwXag>
2. Low Cost Nutrient
<https://www.google.com/search?q=low+cost+nutritious+foodanddq=Low+Cost+Nutrientandaqs=chrome.3.69i57j0i512i2j0i390i4.7425j1j9andsourceid=chromeandie=UTF:8>
3. Ready to Eat
<https://www.google.com/search?q=ready+to+eat+nutrientanddq=ready+to+eat+nutrientandaqs=chrome.69i57j0i10i15i22i30j0i22i30j0i390i3.6039j0j9andsourceid=chromeandie=UTF:8>
4. Chhattisgarhi Dish
<https://www.google.com/search?q=Chhatishgarhi+Dishanddq=Chhatishgarhi+Dishandaqs=chrome.69i57j0i13i3j0i13i30i2j0i5i13i30j0i8i10i13i30j0i8i10i13i15i30j0i390.4095j0j7andsourceid=chr>

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Part D : Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not Applicable

University Exam (UE): 25

Internal Assessment:

Continuous Comprehensive
Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable



Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session:2022:2023
1	Course Code	HSC-2P	
2	Course Title	LAB2: Introduction to Resource Management	
3	Course Type	Practical	
4	Pre-requisite(if any)	Theoretical Knowledge of procedure of basic management Process.	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be enable to:</p> <ul style="list-style-type: none"> • To understand Importance of Precise Management. • To understand Goal setting in life. • To understand Decision Making Process. • To understand Management of time, energy and finance. • To understand Work simplification technique. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total NO. of Periods: 15	
Tentative Practical List	<p>Note: This is tentative list; the teacher concern can add more Experiment as per Requirement.</p> <ol style="list-style-type: none"> 1. Identify and formulate various types of standards that student can have. 2. Identify and formulate five goals that a student will have. 3. Identify and formulate various types of decision, write process of decision making. 4. To work out minimum and maximum working approach. (Vertical and Horizontal). 5. To develop simplify methods for any work. 6. Visit to energy garden. 7. Project/ Field Work: Take up a situation trip/function/picnic/party and manage that situation. Write the process of management implementing and report. Making time plan for a student (at least for a week) and explain it.

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Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Family resource management: Brinda Singh, 3rd Edition, Panchsheel Prakashan.
2. Family resource management – Premavathy Seetharaman, Sonia Batra, Preeti Mehra, 6th Edition, CBS Publication.
3. Family resource management: Tami James Moore, Sylvia M.A Ray, 4th Edition, SAGE Publishing.
4. Foundation of Family resource management: Elizabeth B Goldsmith, 6th Edition, SAGE Publishing.
5. गृहव्यवस्था एवं गृहसज्जा. रीना खन्ना, 4th Edition, Bookman Publisher.
6. Management of Modern Families: Inma, N., Gross, Elizabeth Crandall, Manjori m. KNOll 2nd Edition Appleton Century Crofts Publisher.
7. Home Management: Varghese, M.A, Srinivasan, Kogale, N.N, 2nd Edition, New Age International Publisher.
8. Management for modern families: Gross, Cranall and Kloli, 3rd Edition, Princticee Hall Inc.
9. Management in Family living: Nickell and Dorsey, J, 4th Edition, Wiley Eastern Limited.
10. Family Resource Management and Interior Decoration : Bhargava, B, 4th Edition, Jaipur: Apple Printer and V. R. Printers
11. Home Management- Contexts and Concepts : Deacon, R. F., and Firebaugh, F.M. 7th Edition, Boston: Houghton Mifflin Company.

E: learning Resources:

1. Types of Standards

<https://www.google.com/search?q=various+types+of+standards&dq=Various+types+of+standard>

2. Types of Decision

https://www.youtube.com/results?search_query=type+of+decision+

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not applicable

University Exam (UE): 25

Internal Assessment :

Continuous Comprehensive Evaluation
(CCE)

Class Test
Assignment/Presentation

Not Applicable

Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session:2022:2023
1	Course Code	HSC-3P	
2	Course Title	LAB3: Introduction to Human Development	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of Physical and mental development and Contributory Factors.	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be enable to:</p> <ul style="list-style-type: none"> • To understand Physical growth and development of human child. • To compare Normal children with delinquent child. • To understand Importance of heredity and environment on development. • To develop skills of counseling to parents. • To study cognitive development across the life span. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total No. of Periods: 15	
Tentative Practical List	<p>Note: This is tentative list; the teacher concern can add more Experiment as per Requirement.</p> <ol style="list-style-type: none"> 1. Visit to a pediatric ward to observe a new born baby and a premature baby. 2. Preparing a growth average height weight chart of five (5) children from one to (1 :3) years. 3. Study of immunization schedule. 4. Survey of parent's regulative awareness about weaning food, toys; clothes. 5. Prepare a development (Physical / Motor) Milestone chart. 6. Role play for pre marital counseling. 7. Project/ Field work: Prepare report of activities and facilities at Anganvadi / Nursery school.

Part C: Learning Resources	
Text Books. Reference Books, Other Resources	
Suggested Readings:	
<ol style="list-style-type: none"> 1. Human Development: Brinda Singh, 3rd Edition, Panchsheel Prakashan. 2. बाल विकास रामबाबू गुप्त, 2nd Edition, Vinod Pustak Mandir. 3. बाल मनोविज्ञान एवं बाल विकास डॉ डी एन श्रीवास्तव, डॉ प्रीति वर्मा, 2020 Edition, Vinod Pustak Mandir. 4. Handbook of Child Psychology : Mussen (Ed.) Vol. 1, New York; Scientific American Books. 	

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5. Human Development: Gordon, I.J.- 2nd Edition, New York : Harper and Row.
6. Human Development and Family Studies in India: Saraswathi T.S. and Kaur, B 2nd Edition, Sage Publications.
7. Child Development: Elizabeth B. Hurlock, 5th Edition, MC Graw Hill Education India.
8. Text book of Human Development (A Life Span Development Approach) : Dr. S. Shrivastava, Dr. K. Sudharani, 2016 Edition, S. Chand and Company.
9. Strategies for Human Development: Dr. Samar Deb, 2017 Edition, Kalpaz Publication.
10. Child Development: Elizabeth B. Hurlock, 6th Edition, MC Graw Hill Education India.
11. Child Psychology and Development: S.K. Mangal and Shubhara Mangal, 2019 Edition, Sterling Publisher.

E- learning Resources:

1. Marital Counseling
<https://www.google.com/search?q=marital+counseling&ei=8OeeYqWjCtj0:Qa8qD4andoq=M arital+Counselingand>
2. Anganvadi
https://www.google.com/search?q=anganwadi&ei=Y:ieYqvGHJ_w4:EP4qe:IAandoq=Angan vadiand
Details of Human Development
3. <https://www.coursera.org/learn/learning-knowledge-human-development>
Human Development essential for nation-
4. <https://www.shiftlearning.com/blog/bid/146487/eLearning-the-key-to-developing-human-capital>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not applicable

University Exam (UE): 25

Internal Assessment :

Continuous Comprehensive Evaluation (CCE)

Class Test
Assignment/Presentation

Not Applicable

Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-4P	
2	Course Title	LAB4: Textile and Clothing	
3	Course Type	Practical	
4	Pre-requisite(if any)	Theoretical Knowledge of various textile fibers and technology of cloth construction.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand various tests for identification of textile fibers. • To develop skill in printing and dyeing techniques. • To understand making of weaves and their uses. • To understand microscopic structure and chemistry of fibers. • To learn removal of different types of stain. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total No. of Periods: 15	
Tentative Practical List	<p>Note: This is tentative list; the teacher concern can add more Experiment as per Requirement.</p> <ol style="list-style-type: none"> 1. Identification of textile fibers: <ul style="list-style-type: none"> • Visual test / Microscopic test • Burning test /Chemical test 2. Weaves and their variations: <ul style="list-style-type: none"> • Plain weave / Twill weave • Satin and Sateen weave • Honeycomb and Birdseye weave 3. Handloom center visit 4. 07 days workshop on Tie and dye 5. 07 days workshop on Batik 6.07 day's workshop on painting : <ul style="list-style-type: none"> • Introduction to learning look at the visual Arts. • Composition • Space • Form • Tone • Color • Subject matter • Drawing and it 'purposes • Looking at print 7. One week workshop on Printing techniques: Block, Screen, Stencil and Spray . 8. Printing preferences.

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Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. वस्त्र विज्ञान एवं परिधान का परिचय : डॉ मंजु पाटनी, 2022 Edition, Star Publication.
2. Textile Science: an explanation of fiber properties: Gohl, E., Vile sky, L, 2 edition, New Age International Publishing.
3. वस्त्र विज्ञान एवं परिधान का परिचय : डॉ बी के बख्शी, 2nd Edition, ViNOd Pustak Mandir.
4. वस्त्र विज्ञान - वृन्दा सिंह, 19th Edition, Panchsheel Publication.
5. तंतु एवं वस्त्र विज्ञान : डॉ शिप्रा वैनर्जी, 2018, Chhattisgarh Hindi Granth Academy publisher.
6. Fundamentals of Textiles and their care : Sushila Dhantiyagi, 5th Edition, Orient Black Swan.
7. Textile testing and analysis: Collier, B.J., and Epps, H.H. 1998 Edition, Prentice Hall Publishers.

E: Learning Resources:

1. Tie and Dye-
https://www.youtube.com/results?search_query=Tie+%26+Die
2. Painting-
https://www.youtube.com/results?search_query=Painting
Details of Courses in Textiles-
3. <https://www.classcentral.com/subject/textiles>
Software for textile designing
4. https://www.researchgate.net/publication/359312787_E.

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not applicable

University Exam (UE): 25

Internal Assessment :	Class Test	Not Applicable
Continuous Comprehensive Evaluation (CCE)	Assignment/Presentation	

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Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-5P	
2	Course Title	LAB5: Community Development	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of concept of community development and various supporting policies.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To understand developmental approaches for Indian community. • To develop skill regarding community survey and analysis. • To develop skill regarding impactful community dialogs. • To understand demonstration technique for community. • To organize group activities for community. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total No of Periods : 15	
Tentative Practical List	<p>Note: This is tentative list; the teacher concern can add more Experiment as per Requirement.</p> <p>Field Experience in Villagers / Urban Slums</p> <ol style="list-style-type: none"> a. Practical use of RRA / PRA Methods b. Reporting on Socio-economic analysis of the rural / urban community c. To select, Plan, preparation and use of different-audio visual aids. i.e. Chart: Educational, Tree Chart, Flow. d. Chart, Suspense Chart. e. Posters, Cartoons, Pamphlets, Puppets. f. Project/ Field Work: Organic farming reuse of waste material, paper bags making, use of eco Friendly material. g. Organizing group. h. Demonstration

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Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. An Introduction To Community Development : Yashwant G. Mahajan 1st Edition, Current Publication.
2. Community organization and development –an Indian perspective: Asha Ramagonda Patil, 1st Edition, PHI Learning.
3. Community organization and social work: Sheeba Joshep, Vishnu Das, 2016 Edition, Discovery Publishing.
4. Development Communication: Uma Narula, Revised Edition, Haranand Publication.
5. Classes in India Today : Desrochers, John 1984 Editions, Centre for Social Action.
6. Culture, Religion and Development: Dietrich, Gabriele 1978 Edition, Centre for Social Action.
7. A Study of Rural Economics - Systems Approach: Desai, Vasant 1990 Edition, Himalaya Publishing House.
8. Cognitions learning course NO: 25 SWAYAM Portal based course.
9. Information and Communication technology: Dr. Aprajita Bhatt SWAYAM portal course based.

E: Learning Resources

1. Flow Chart
https://www.youtube.com/results?search_query=process+flow+chart
2. Poster, Pamplate, Cartoon
https://www.youtube.com/results?search_query=Poster%2C+Cartoon+and+pamplate
3. Community Development –Basic details
<https://www.elearninglearning.com/community/>
4. Course details of Community Development
https://www.researchgate.net/publication/229439447_Online_learning_communities_and_community_development
5. Policies for Community Development-
<https://alison.com/course/introduction-to-community-development-revised>

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods::

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not applicable

University Exam (UE): 25

Internal Assessment : Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Not Applicable
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Part A: Introduction			
Program: Certificate Course		Class: B.Sc. Home Science I Year	Year: 2022 Session: 2022:2023
1	Course Code	HSC-6P	
2	Course Title	LAB 6: Personal Empowerment and Computer Basic	
3	Course Type	Practical	
4	Pre-requisite (if any)	Theoretical Knowledge of empowering anybody along with Knowledge of soft skills.	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to: <ul style="list-style-type: none"> • To acquaints with Knowledge of structure of computer. • To understand functioning of computer with different operating systems. • To understand internet and its uses. • To explore MS Excel for calculations and graphical presentation. • To Understand Various Operating Systems with latest configuration. 	
6	Credit Value	Practical: 2	
7	Total Marks	Max. Marks: 25	Min Passing Marks : 09

Part B: Content of the Course	
Total No. of Periods: 15	
Tentative Practical List	Note: This is tentative list; the teacher concern can add more Experiment as per Requirement.
	<ol style="list-style-type: none"> 1. <ol style="list-style-type: none"> a. Introduction b. Exploring the Desktop c. Running multiple programs d. Accessories e. Control Panel f. Managing Documents and Folders 2. MS: Word <ol style="list-style-type: none"> a. Starting MS:WORD b. Creating and Formatting a document c. Changing Fonts and Point Size d. Table Creation and operations e. Autocorrect, Auto Text, Spell Check, Thesaurus f. Word Art, inserting objects g. Mail merge, letter, label, envelope h. Page set-up, Page preview i. Printing a document 3. MS: Excel <ol style="list-style-type: none"> a. Starting Excel b. Work Sheet, Cell, Inserting Data into Rows/Columns c. Alignment, Text-wrapping d. Sorting data, Auto sum

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	<ul style="list-style-type: none"> e. Use of functions, referencing formula cells in other formulae f. Naming cells and ranges, Goal seek g. Generating graphs h. integrating Worksheet, data and charts with WORD i. Creating Hyperlink to a WORD document j. Page set-up, Print Preview, Printing Worksheets.
4	<p>Internet</p> <ul style="list-style-type: none"> a. Genesis and use of Internet b. Software and hardware equipments for Internet c. Accessing the Internet, Web Page, Using a Search Engine, Accessing the Internet from MS:Office applications
	<p>5 Project: Write on any relevant topic using computer skills: Graph and Calculation.</p>

Part C: Learning Resources

Text Books, Reference Books, Other Resources

Suggested Readings:

1. Women resources and national development – Chandashekhar, Edition 5th , 2011, Printice Hall.
2. Career Management-A new challenge: vol:1: Bhattacharya, Panchsheel Publisher.
3. India Youth: process of socialization: Gove M.S. 3rd Edition, Vishwa Yuva Kendra.
4. Computer fundamental: Pradeep K Sinha, 8th edition, BPB Publication.
5. Basic computer course: Changeriya, 3rd Edition, Chetan Prakashan.
6. Computer basic: Gourav Agrawal, 2nd Edition, Digital Munim ji.
7. Women's Resource and National Development: A Perspective, 1992 Edition, Gaurav Publishing House.
8. Fundamentals of To aching Home Science : Chandra A.A. Shah and U. Joshi, 1989 Edition, Sterling Publishers Pvt Ltd.
9. Understanding Psychology: Feldman, R. 1987 Edition, Mc Graw Hill Co.
10. SWAYAM portal course based Information and Communication technology: Dr. Aprajita Bhatt.

E: Learning Resource:

1. MS Word
https://www.youtube.com/results?search_query=MS+Word
2. MS Excel
https://www.youtube.com/results?search_query=MS+Excel
3. Internet
https://www.youtube.com/results?search_query=Internet

Part D: Assessment and Evaluation

Suggested Continuous Evaluation Methods:

Maximum Marks: 25

Continuous Comprehensive Evaluation(CCE): Not applicable

University Exam (UE): 25

Internal Assessment : Continuous Comprehensive Evaluation (CCE)	Class Test Assignment/Presentation	Not Applicable
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